

Disability Counselling and Support

For people who have experienced violence, abuse, neglect and exploitation, and those affected by the Disability Royal Commission



Information for Services

We are continuing to safely support people during the coronavirus (COVID-19) crisis.

About the service

Relationships Australia Victoria (RAV) is offering mid-term counselling and support to people in Victoria with disability who have experienced violence, abuse, neglect and exploitation.

Support is also available to any Victorian who is affected by the *Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability* (the Disability Royal Commission).

The Disability Royal Commission is investigating the mistreatment of people with disability in Australia. It will run for three years from 2019 to 2022.

For more information about the Disability Royal Commission, please visit <https://disability.royalcommission.gov.au>

We would like to acknowledge the lived experiences of Aboriginal and/or Torres Strait Islander peoples of the Stolen Generations and those who may have been affected by violence, abuse, neglect and/or exploitation. We welcome all Aboriginal and/or Torres Strait Islander peoples seeking the support of this service.

Who is this flyer for?

This flyer provides information for professionals and service providers working with people with disability, their families, friends, carers, allies and support workers.

Service delivery

Our service can be provided over the telephone, via video-conferencing, or face-to-face at one of our centres across Victoria (depending on COVID-19 guidelines). Home visits may be possible under exceptional circumstances.

Contact us

For more information, or to refer someone to the service:

 **1 800 317 387**
(for the cost of a local call)

 disabilitysupport@rav.org.au

 www.rav.org.au/disabilitysupport

For people who are deaf, hard of hearing and/or have a speech impairment, we welcome calls through the National Relay Service (NRS). www.communications.gov.au/national-relay-service

Relationships Australia

VICTORIA

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What is a disability?

A 'disability' refers to a restriction or impairment which may be physical, sensory, cognitive or psycho-social. To access our service, people can self-identify as having disability. Disability in this context also includes people impacted by mental health issues.

Services

Our service offers:

- psychological and emotional support for people with disability who have experienced violence, abuse, neglect and exploitation
- a safe and confidential space for clients to debrief their experiences
- information around the impacts of trauma, and skills and strategies to manage these impacts
- help to access other services such as legal, advocacy, financial, housing, and physical and mental health support, including through warm referrals
- information about the Disability Royal Commission
- support in deciding whether and how to make a submission
- collaboration with other Disability Royal Commission support services.

Eligibility

- Victorians with disability who have experienced violence, abuse, neglect and exploitation.
- Anyone in Victoria who feels impacted by the Disability Royal Commission, including people with disability, their families, friends, carers, allies and/or support workers.

Cost

This service is fully funded by the Australian Government Department of Social Services and provided at no cost to clients.

Number of sessions

Each client can access six to 10 counselling sessions. This can be reviewed at the conclusion of the sessions and followed with a further six to 10 sessions, if required.

Referrals

A referral is not needed to access the service; however, we welcome warm referrals from other services and professionals where this will support clients.

About us

We are a community-based, not-for-profit organisation with no religious affiliations. We have over 70 years' experience providing family and relationship support services. Our vision is for positive, respectful, safe and fulfilling relationships for all Australians.

Our services are for all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances. We are committed to ensuring that our services are relevant, inclusive and accessible.



Relationships Australia Victoria acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.

To access the information on this flyer in alternate formats, or to download our flyer for clients, visit www.rav.org.au/disabilitysupport

Relationships Australia Victoria is one of the two organisations in Victoria providing a Counselling and Support Service for People Affected by the Royal Commission. drummond street services is the other organisation.

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